

**QC**

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# HIGH HOPES FOR SOCHI

PAIGE LAWRENCE, RUDI SWIEGERS AND A HOST OF SASKATCHEWAN ATHLETES AND OFFICIALS ARE READY TO MAKE US PROUD **P. 8**



**FREE**



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Saskatchewan bobsledder (left-to-right) is one of the four four-Canadian bobsled team, which will compete at the Sochi 2014 Olympics. GETTY IMAGES/FLU PHOTO

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## # CITY PAGES P.4



Regina figure skating judge Karen Howard is headed to Sochi to judge the Olympics for the first time on Feb. 19. BY BOB McLAUGHLIN

## QC COVER PHOTO BY THE CANADIAN PRESS

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# CITY FACES

# KAREN HOWARD

## A life's passion rewarded with trip to Sochi

By Sean Trembath

Athletes aren't the only ones with Olympic dreams. Just ask Karen Howard.

The upcoming 2014 Winter Olympics in Sochi, Russia will be the culmination of 30 years of effort for the Regina-based figure skating judge. She'll be one of the select people deciding which female singles skaters leave Sochi with a medal around their neck.

"I've had to really push my excitement, and still live my day-to-day life," says Howard, who got the phone call from Skate Canada in early October.

"The moment I found out it was absolutely exhausting. The emotions of it all."

Her path to Russia began when she was living in Midville at age 16, the youngest age at which you can be certified as a figure skating judge. She had competed at the provincial level as a skater, but had always been intrigued by the judging side of the sport.

"As soon as I turned 18 and could start writing the exams, I went with it," she says.

Since then it's been years of training and working on her craft. Judging is a volunteer gig, done on top of her day job as a teacher at Cushman High School in Regina, on passion as a treat.

"Lots of people think figure skating is just a winter sport. It's quite busy throughout the 12 months of the year," says Howard.

The Olympics became a concrete goal for Howard in 1989 when she judged at the Canada Winter Games in Corner Brook, N.B.

"I remember thinking 'Wow if this is the Canadian Olympic, what are the real Olympics like?'" she says.

She became certified at the Olympic level in 2006. After that, all she could do was judge as well as she could at other competitions and hope that Skate Canada would select her when the time came.

The number of judges each country sends to the Olympics is determined by a draw, according to Howard. Her

Sochi, Canada was drawn to send judges for the ladies, pairs and dance categories. Skate Canada deliberated on who to send, and Howard got the call.

"There were a lot of emotions. When she called, I was choked up with the emotions of 30 years of work to get there," she says, getting emotional just remembering the day.

When the competition comes, there will be no place for emotion.

"I know when I sit down at my seat, I have my criteria, and I know what I'm judging against" in terms of the skater. "You have to be able to disregard the applause in the arena and assess what you see that day," says Howard.

It's not the first time Howard has judged the best of the best. She has worked at the ISU Grand Prix Final, as well as numerous local stops. Last November, she had the privilege of judging Patrick Chan's record-breaking Grand Prix championship performance in Paris, a skating performance she called the highlight of her judging career so far.

"I think the entire panel of judges realized it was going to be one of those career highlights you'll always remember. He put together two amazing back-to-back performances where he was awarded scores of 10 by young, many judges. For me, that was the first experience of being on an event where a performance like that, to that high level, happened," she says.

Sochi, and the paucity of snow around the Olympics, is sure to be another highlight she'll never forget. She and the other judges get to attend the opening ceremonies. They will also have a chance to check out other sports, something that doesn't happen at regular figure skating events.

All that said, she will be there to do a job just like the others she will judge. It's her sport's biggest stage, and she is ready.

"I feel confident in my abilities to do the judging. I've been trained to do. I look forward to the opportunity to put all of that to work in these games. I'm just so excited."

seantrembath@leaderpost.com



Figure skating judge Karen Howard of Regina is headed to Sochi for the 2014 Winter Olympics. CP PHOTO BY GORD HEALY



# IN THE CITY

# FEBRUARY 2, 2016 — 2:33 P.M.

## Fine art



Olav Shervettek organ shavings with scissors at Sunday Art Workshop at Carnegie Library in Regina. QC PHOTO BY MICHAEL BELL.

## YOUR FAVOURITE PLACE

QC wants to hear about your favourite place in Regina. Email [QC@leaderpost.com](mailto:QC@leaderpost.com)

## # MY FAVOURITE PLACE

## Supporting local arts an annual tradition

By Rikkeal Bohmann

Globe Theatre has been located in the historic Prince Edward Building on South Street since 1980. Globe has been a large part of Marie Schultz's Christmas for a long time. For 33 years, she and her family have been attending a Globe production every Christmas season.

**QC:** How did you start coming to Globe Theatre?

**At:** Actually in high school, the school offered it to us. I think the very first one was *A Streetcar Named Desire*. We all came up to a school bus, I think we must have been in Grade 10 or 11 and it was a school night. It was really exciting, hence then it's just been when we see something that we want to see, we go.

**QC:** Why did your family tradition of seeing every Christmas show?

**At:** Because the shows have always been good. We missed one year, and I can't remember which one it was, it was a really big one and we just missed it and it was wrong. It's part of the season.

**QC:** What usually happens here at Christmas?

**At:** It's always their best show of the season. I think you get into the Christmas spirit — everyone's in a good mood and it's a really good play. It's a more family day.

**QC:** What are you showing this past Christmas?

**At:** *Sleeping Beauty*.

**QC:** How was that?

**At:** It was amazing. I loved the set, I loved the costumes. I did a year of fine arts at the University of Regina and it was costume design. With your extra credit hours, you do set design as well, so I pay a lot of attention to that. I don't think the average person realizes how much work goes into the behind the scenes.



Marie Schultz is a longtime fan of the Globe Theatre in Regina. The theatre's young Christmas shows are her family's favourite. QC PHOTO BY RIKKEAL BOHMMAN

**QC:** Which was your favourite costume from *Sleeping Beauty*?

**At:** The two main furies. They were little ballerina-type costumes and they were sparkly and glitzy.

**QC:** What is your favourite memory that you have had at Globe?

**At:** I think my favourite was when I saw *Frank*. I think we couldn't even get tickets with my parents that year, so it was me and my brother and we had a lot of fun with it just because it was a really funny play. The two stunts in high school and I was done. It was fun. Just the two of us hanging out.

**QC:** Do you have a favourite section you like to sit at?

**At:** This sounds really funny but you know the end and I think it's even the noisier section seats the cheap ones, but there's nobody in front of you. I think I don't know off to the side a bit, but all the seats are good.

**QC:** What play stands out to you the most that you go to see?

**At:** *Mesa* was a one actor play. It was a road trip to Mesa with his wife's grandfather. The grandfather was exactly like mine.

**QC:** What are your other favourite plays?

**At:** Anne of Green Gables was another favourite. I've seen the play a few times in other theatres, including in

PEI, as a kid. I even went to the Anne of Green Gables Farm there, so I was very excited to see it come to Globe. It's cute, funny and makes me cry every time at the end when Matthew dies. I like it even more because she's a redhead.

**QC:** Why do you keep coming back to the Globe every year?

**At:** It's a nice, different kind of entertainment. A lot of the time the local actors and it's adding to Regina. I think it's a really good thing Regina offers that... I think just because it's local.

**QC:** Why do you love watching theatre?

**At:** The actors are on a high. Because

it's live. There's really good energy and everyone's excited... I like that it's live. It's never the same show twice. It's not something you can download.

**QC:** What would you say to someone who has never been to the Globe before?

**At:** I think it's important to support the local arts. I think it's a phenomenal thing they offer. It's something different to do. So many people are like, "There is nothing to do in Regina. Regina is so boring," but this is here, basically all year round. The prices are OK and it's a nice environment. I just can't imagine people not involving theatre into their lives. It's always been a thing we grew up with it.

# ON THE COVER

It's going to be an experience we haven't dealt with before. —Paige Lawrence

# SASKATCHEWAN ATHLETES AT THE OLYMPICS

## How to get to Sochi from Saskatchewan



Paige Lawrence and Rudi Swiegers perform their first program in the pairs competition at Skate Canada's 2014 Canadian National Skating Championships on Jan. 11 in Ottawa. *OP PHOTO*

By Arielle Zerr,  
with files from  
Murray McCormick  
and Kevin Mitchell

### PAIGE LAWRENCE AND RUDI SWIEGERS

In figure skating's least and cry area, all you can do is wait.

It's where skaters go after they've finished their programs to meet their coaches and wait for their scores. Their fate is in the hands of the judges. If the routine was less than perfect, if the competition is close, it can

be an excruciating process.

It was for Paige Lawrence. On Jan. 12, 2013, she and partner Rudi Swiegers had just finished their free skate, a four-minute and 30-second program, to music from *On the Crest and Powerful*. A top three finish would guarantee them a spot on Canada's Olympic team. But Swiegers had dropped Lawrence during a lift. All they could do was wait and

hope for the best.

"It was the worst moment of my life, almost," Lawrence said.

"I didn't know if we did enough, and sitting in the pain and cry when you are powerless to control your own fate. Just to wait was horrible."

Swiegers, on the other hand, was relieved. He knew he had done everything he could and now it was up to the judges.

"While I was hoping it was enough, I was a lot more relaxed in the kiss and cry than my counterparts Paige and Joseph Poirer," he said.

It was enough. The duo finished third and was going to the Olympics.

But it wasn't as easy road. Early on the season, Lawrence injured her leg, which meant she and Swiegers were unable to train as they normally would have for their jumps and spins.

As Canada gets ready to watch the Olympics, GP caught up with four of Saskatchewan's own representatives before they left for Sochi, Russia.



I think a lot of people feel that they are in these rural areas (and) may not have the same opportunities and may not have the belief that they can fulfil their dreams. But we are proof that if you believe in something... it is possible.

— Lawrence

Instead, Lawrence and Seiwagers focused on their performance as she built her strength up.

Pairs skating is judged in two categories: technical elements like jumps, spins and lifts; and performance elements like musicality, choreography and footwork. Technical elements are worth different amounts based on difficulty and creativity and are scored based on the skaters' success in completing them.

The lack of professional training before nationals could have hurt Lawrence and Seiwagers, but both believe that the extra time spent on performance actually helped them at the national competition.

"We were a little disappointed in the short program, mainly because we had been skating really close, really consistent programs at home and we both went and made errors," said Seiwagers, who grew up in the town of Kipling, 100 km southeast of Regina. "After that happened we really honored down and thought for the program so at that point we were hoping the program was enough."

With the Olympic spotlight out of the way and Lawrence's injury resolved, the duo is training hard for Sochi.

"It's going to be an experience we haven't dealt with before," said both Lawrence. "We compete in territoriality and against the best in the world but this is a state we have never dealt with or experienced."

And while Lawrence and Seiwagers aren't imagining life any differently now, their pairing was never intended to be permanent.

Lawrence, a singles skater at the time, was paired with Seiwagers after his first partner decided she didn't want to skate pairs any more. Their partnership was only supposed to last until they found Seiwagers a new partner.

"I like to say that I'm still looking for Paige's replacement," Seiwagers said with a laugh.

Nearly nine years later, they are ranked 38th in the world, are four-time Canadian junior medalists and off to their first Olympics.

But despite their national and international accomplishments,



Saskatoon's Paige Lawrence and Rob Seiwagers were bronze medalists at Saskatchewan's 20th National Skating Championships in Oshawa, Ont. on Feb. 4.

competing under the Wapiti Pig on Skating Club where they met and trained until after Paige's graduation, is important to them.

"The biggest thing that Rob

and I want to represent is that we've achieved this without having to move away to a large training centre," said Lawrence, who trains from Kennedy carterelatively

about 30 km from Kipling.

"I think a lot of people feel that they are in these rural areas (and) may not have the same opportunities and may not have the belief

that they can fulfil their dreams. But we are proof that if you believe in something... it is possible," she said.

Continued on Page 10

I don't think about (the Olympics) that much. We have been building up to this and working toward it. Now it's starting to feel like it's coming close. I'm excited to see how it all comes together — Lyndon Rush

## LYNDON RUSH

When bobsledder Lyndon Rush walked in to BC Place for the opening ceremonies of the Vancouver Olympics, he thought to himself: This is what it must be like to walk onto the field for the Super Bowl.

A fitting analogy considering Rush spent his university years playing linebacker for the University of Saskatchewan Blakoes. But he never thought football would lead to bobsled or the Olympics.

In 2003, shortly after Vancouver won the Olympic bid, a recruiting drive began. A bobsled representative called Blakoes head coach Brian Trenchard and asked for some names of graduating players that fit the body type of a bobsledder.

Rush was on the list. "They called me and I thought it would be interesting," Rush said on the phone from Germany where he and his teammates were competing. "The first time I did it, it was really fun."

Bobsled teams compete in four-year cycles peaking at the Olympic Games. Rush had four years to make a pilot, a brakeman and two pushers. It was the latter position for which Rush was recruited, but an injury during camp allowed him to try driving the sled.

Rush gave up doing major sports at Humboldt, but the sled was completely different. He learned the ropes for a few years before starting his first four-year cycle: one that would end at the Vancouver Olympics. He also thought it'd be his last.

Rush has three daughters. His wife Krysta is due to have their fourth child in late April. The bobsled season has a demanding travel schedule that keeps Rush away from home for nearly six months a year. But he and Krysta discussed it and she encouraged him to go for one more Olympic. Four years later, he's going to Sochi and competing as the team's brakeman, as well as this.

"I don't think about (the Olympics) that much," Rush admitted about two weeks before the start of the Games. "We have been building up to this and working toward it. Now it's starting to feel like it's coming close. I'm excited



Saskatchewan's Lyndon Rush along with his bobsled teammates Neville Wright, David Bisset and Leanne Brown will compete at the Sochi 2014 Olympics. PHOTO COURTESY OF CANADA BOBLEIGH

to see how it all comes together."

Rush, 30, calls his four-year team the "old crew." It consists of Neville Wright, also 30, Ernest Bisset, 34, and Leanne Brown, 26. His team has competed only slightly from 2010 when Chris Le Bihan left and Wright joined.

Rush jokes that they are older than some of the coaches but he thinks their experience is a benefit, even if he's what he calls an "OG" season.

"You want to win every race and we've had some good results but we're coming towards the end. The ultimate goal is to be ready for the big race — We know what it takes to peak up our game," he said, adding that they've "been there, done that"

In the off-season, the Humboldt native lives at Sylvan Lake with his family and trains in Calgary with his teammates twice a week.

Still, he credits his abilities to growing up in Saskatchewan.

"I think back to when I grew up in Humboldt, it was a small community and I wasn't a random person. I wasn't just some kid on a team. I was Jerry Rush's kid. When the community is tighter, I really feel like the coaches and mentors put in more effort," Rush said. "Maybe that's why there are so many Saskatchewan Olympians."

There's a little extra bit of Prairie pride that's built up in his kids.

## DOUG CHARKO

If the Canadian cross-country skiers and biathletes seem to have an extra edge these Winter Olympics, look to Doug Charko. As Team Canada's cross-country coach, Charko will be attending his fifth Olympics more than many of the athletes in attendance.

How exactly do you become a sports warrior, coach? Well, if you're Charko — aka "Hulkster," smiling triumphantly only you and your

"I thought, 'Well, first of all, yes I'll have a meeting with you and see what I can do.' And then I went up the stairs to the library to find a book on training," he said, laughing.

He was invited to his first Olympic games two years later in 1980. He has been to every Summer Olympics since.

Becoming Hulkster will be Charko's first Winter Olympics. He was required to learn the nuances of a new sport: cross-country skiing.

An Charko explains it, things like outdoor temperature (it and when it will snow and the snow temperature on the ground are all things his ski technicians take into account when choosing wax for the skis. Different waxes give the skis different performances. Some provide more grip in icy or wet conditions and some provide a better glide.

The Sydney Games was my first Olympic Games and I thought, 'Holy smokes, this is fantastic' But I spent the whole two and a half weeks in a hotel room staring at a computer. — Doug Chazko

"Part of the Canadian Olympic Committee's job is to assist in any way to help these athletes do as well as they can. They like to say 'leave no stone unturned.' So I was looking under one of the stones," Chazko said.

He's been working with the Canadian team for a year and a half, meeting the member services in Russia, comparing their interpretation to his own and visiting the facility with the athletes last year.

"My job is to eliminate surprises," Chazko spends most of his time in the end of the day. He's constantly sending updates to the teams throughout the day.

"For sure it's exciting, but it's probably more work than people realize. The Sydney Games was my first Olympics and I thought, 'Holy smokes, this is fantastic.' But I spent the whole two and a half weeks in a hotel room staring at a computer."

In Sochi, he'll likely be working 18

#### SASKATCHEWAN AT 2008-2014

Ruth Swenson and Paige Lawrence

Swenson, 30, is a

Lucas Maloney, 30, is a

Wilson, 30, is a

Melinda Hickey, 30, is a

Kali Christ, 30, is a

Don Gaudin, 30, is a

Lyndal Bush, 30, is a

Chesha Vaino, 30, is a

Scott Pomeroy, 30, is a

Hayley Wickenhiser, 30, is a

Patricia Marissa, 30, is a

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ing for Chazko, whose family moved back to Regina five years ago after living in New Zealand for 17 years. The job has taken him off the work to chasing Antarctica. After and helping. In 2012, he was away for a total of three months out of the year, but last year was his Olympic year, it was less. When he's not travelling for work, he's a day of beer and a few more.

Though Chazko never saw sports forecasting as his future when he started, his girlfriend with Revenue and Canada, he hopes to continue of leading the Olympics and working in the sailing market. The most recent job took him to Florida to work with two boats of a sailing regatta. Both placed first.

Chazko says that being involved with a sailing team that's happy with your work is part of what makes his job so enjoyable.

"I'd love to keep involved, it's really fun."



Doug Chazko helps with Olympic accreditation to Sochi as he is travelling with team Canada at their headquarters. GC PHOTO BY TIGER FLITZER

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## EVENTS

## # MUSIC

Wednesday, Feb. 3

**Wetland Night Folk:** The-weave and Cane Bushwacker, 2205 Dowdney Ave.

**Way Back Wednesday with Leather Sides:** McMillin's, 2226 Dowdney Ave.

**The Young Guns Tour:** Featuring Brett Kulak and One More Girl. The Pump, 641 Victoria Ave. E.

Thursday, Feb. 4

**Redskins Tribute to Bob Marley:** McMillin's, 2226 Dowdney Ave.

**Locally, Planet Later:** The Exchange, 2431 Eighth Ave.

Friday, Feb. 5

**Les Hey Babies, The Devil South:** Artful Dodger, 1631 18th Ave.

**Todd Bayler:** The Pump, 641 Victoria Ave. E.

**Slow Motion Walter:** McMillin's, 2226 Dowdney Ave.

**The Down Home Boys, The Rippers:** Orpheans, 1847 South St.

Saturday, Feb. 6

**Slow Motion Walter:** McMillin's, 2226 Dowdney Ave.

**Todd Bayler:** The Pump, 641 Victoria Ave. E.

From 333:

**The Club at The Exchange:** 2431 Eighth Ave.

**Dreaming of the Monsters:** Regina Symphony Orchestra, 8 p.m., Cinespace Arts Centre, 2200 Lakeshore Dr.

**Maestro, Port Noise, The Marching Martini Milk-motomans:** The Exchange, 2431 Eighth Ave.

Sunday, Feb. 7



Los Hey Babies are slated to perform at the Artful Dodger on Friday. SUBMITTED PHOTO

**"Children's Treasures" by The Quarter Tones Flute Ensemble:** Regina Symphony Orchestra. Free concert, 2 p.m., RMC Central Branch, 2311 12th Ave.

**Monday Night Jazz & Blues:** McMillin's, 2226 Dowdney Ave.

**Weekly Drive-Clue:** Instruments provided, 7:30-9 p.m., The LivingSpace Centre, 3818 Dean St.

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**John Bata's House:** Until March 5, Dunlop Art Gallery - Sherwood Village Branch, 6010 Keele St. E.

**Reynold Pilgrim: The Mounted Police in Art:** Until March 31, RCMP Heritage Centre, 3601 Heritage Ave.

**Contemporary Canadian Perspectives:** The Artistic of South Nicholson Fine Arts. Until March 31, Government House, 6607 Dowdney Ave.

**Devil's Gobs: Poison:** Black-and-white 16mm images, ceramic diorama, fragile, and eleven 17th-century stage settings for an 18-minute video. Until April 3, Central Library Main Floor, 2311-10th Ave.

**Shirin Neshat:** A dual projection video installation with world renowned Iranian-American artist's home video, complementing the work of Saskatchewan filmmaker and video installation artist Annie Akbari. Until April 27, MacKenzie Art Gallery, 3475 Albert St.

**Barbara Steinmann: The G-artist's Dance:** Photographs installation explores the interrelationship between personal life and organized religion. Programmed in response to Sell-out by Shirin Neshat. Jan. 26-May 1, MacKenzie Art Gallery, 3475 Albert St.

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What you need to know to plan your week.  
Send events to [QC@leaderpost.com](mailto:QC@leaderpost.com)

**Video installation:** Highlighting the work of Saskatchewan filmmaker Amalie Adams. Until June 14, MacKenzie Art Gallery, 3475 Albert St.

**Contemporary Canadian Landscape and Place:** The Artistic of South Nicholson Fine Arts. New exhibitions quarterly. Until July 31, Regina Centre for the Arts, 1621 Albert St.

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**Carver-Hy: Duffly River After Shumilov:** Sandra Series. Until Feb. 6, Globe Theatre, 1806 South St.

**Reilly's New Car:** Until Feb. 6, Globe Theatre, 1806 South St.

## # SPECIAL EVENTS

**SSRM Seminar: Crisis of Role - Children of War in Canadian Schools:** Hosted by Barbara McNeil, U of R Faculty of Education. Feb. 5, noon-2 p.m. U of R Education Building, Room 228 (Crestview Pressure-San Centre).

**Monthly ALES home-brewing club meeting:** Feb. 5, 8 p.m. Bushwacker basement club room, 2205 Dowdney Ave.

**Archives Week: Looking Back at The Grey Cup 1951, 1996-97:** Hosted by CBC's Creative House. Centennial leaders and staff, Al Fard, Rob Vanstone, Barb Pacholik and Tom Shephard. Feb. 5, 7 p.m. Bushwacker, 2205 Dowdney Ave.

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## # THEATRE

**How to Give Feedback:** Workshop for poets and performers. Every Thursday, 7-9 p.m. Creative City Centre, 1643 Hamilton St.

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**The Ultimate Women's Show:** Feb. 7, 8-10 p.m. Feb. 8, 11 a.m.-10 p.m. Cinespace Arts Centre, 2200 Lakeshore Dr.

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## # ART

**Joe Johnston: Revisiting Consumption:** A three-room installation featuring sculptures examining creation and consumption.

Lillian Durey and Katie Re-

# EVENTS

**Warrior's basketball**  
U of R Cougars vs. Calgary  
Feb. 1, 6:30 p.m. U of R Centre for Kinesiology,  
Health and Sport

**Man's hockey**  
U of R Cougars vs. Alberta  
Feb. 1, 7 p.m. Coopers and  
Lyons, Centre Place

**Daytime Open: The Triumph  
of New Violence**  
When the resolutions of the  
Arab spring mean for this  
region and the world  
Feb. 7, 1:30 p.m. U of R Educa-  
tional Building Room 106

**Man's basketball**  
U of R Cougars vs. Calgary  
Feb. 1, 6:30 p.m. U of R CHHS

**Track and Field**  
U of R Cougars vs. Kwantlen  
Feb. 1, Regina Fieldhouse, 177  
Lipthorn St.

**Nature's Ragtime Field Trip**  
Tomorrow in winter  
Feb. 6, 9 a.m.-mid-afternoon  
Visit at the Royal Saskatchewan  
Museum, 1000-10th St.,  
S4N 0A1

**Winter Carnival**  
Race painting a billion colours  
before the snow melts  
Feb. 6, 10 a.m.-2 p.m.  
Eastview Community Centre,  
610 34th Ave.

**Stem Quest of an Evening**  
Pre-game race night before U  
of R Cougars basketball  
Feb. 6, 7 p.m. U of R Centre for Kinesiology,  
Health and Sport, Gorm 1

**Women's basketball**  
U of R Cougars vs. Calgary  
Feb. 6, 8 p.m. U of R CHHS

**2014 Traditional Chinese**

**New Year Banquet**  
Feb. 6, 6:30 p.m.  
Peking House Restaurant,  
1850 Ross St. Tickets \$45,  
email: new@pkrh.com or  
phone 306-109-5009

**Man's basketball**  
U of R Cougars vs. Calgary  
Feb. 6, 7 p.m. U of R CHHS

**Man's hockey**  
U of R Cougars vs. Alberta  
Feb. 6, 7 p.m. Coopers and  
Lyons, Centre Place

**Regina Plate vs. Saskatchewan**  
Feb. 6, 7 p.m.  
SaskTel Centre, 10th Ave.

**Polkies in Concert**  
Feb. 6, 7 p.m.  
Regina Performing Arts Cen-  
tre, 1077 Anglin St.

**Valentine's Day**  
Feb. 6, 5 p.m. 10th, 136,

2382, and 2380 p.m.  
Tickets must be purchased in  
advance at the Conservatory,  
Regina Flood Conservatory,  
1440B Fourth Ave.

**Ontoposters Meet Writers:  
What You Thought You Knew  
& What You Need to Know**  
Feb. 10, 1:30-3:30 p.m.  
Ontoposters office Regina  
Chapter, 900 Cavendish St.

## NEW MOVIES

**Wampire Academy**  
Thriller  
Rose Hathaway is a half  
human, half vampire Cham-  
pion. There are two types of  
vampires: those who only  
take blood from those who  
offend, and those who drink to  
kill. Rose and other Champions  
are training to protect the  
Mori and kill the Strigoi—a  
vampire can die peacefully

among humans. With her best  
friend Wesliss designing, a  
Mori princess, Rose must run  
away from her school to help  
protect Wesliss from harm.

**The LEGO Movie**  
Family/Animated  
Liam Neeson (as the voice of Chris Pratt)  
is an ordinary, rule-following  
LEGO minifigure who is mis-  
takenly identified as the most  
extraordinary person and the  
key to saving the world. As it  
is destined into a fellowship of  
strangers on an epic quest to  
stop an evil tyrant, a journey  
for which the most hapless and  
unlikely band will assemble.

**The Monuments Men**  
Drama  
During the 11-month period  
between D-Day and V-E Day,  
the Monuments Men, a group  
of American and British mis-  
sionary directors, curators, art

historians and others, risked  
their lives to help recover  
works of art before they were  
destroyed by the Nazis.

**Galaxy Cinema**  
620 McCarthy Blvd. N.  
306-523-9696

**Chaplin Cinema**  
Southland Mall Cinema  
3035 Gordon St. 306-565-  
3283

**Regina Public Library Theatre**  
231 12th Ave. 306-777-6134

**Kramer Inn**  
2903 Powerhouse Dr.  
306-522-6239

**Kwik-Go Cinema**  
Golden Mile Shopping Centre  
3600 Albert St. 306-399-5230

*Event listings are a free, commu-  
nity service offered by QP. Listings  
will be printed if space permits.*

# READ MY BOOK

**LOCAL AUTHORS:** Writers tell us what  
makes their book worth reading

## #CRAIG SILLIPHANT

### Saskatoon's storied music scene

Local music fans know that the Sas-  
katoonian Prairie is a hotbed mus-  
ically. Before the Internet, it was  
virtually impossible to have your  
music heard outside our borders,  
but in the last 30 years, we covered  
the Saskatoon music scene for a  
variety of publications and in  
this column, I wanted to help build  
confidence in the amazing music I  
heard local artists making.

**Role Off Main St.** Random  
Discs from the Saskatoon Music  
Scene, is the culmination of almost  
a decade of writing and 30 years  
of local music history.

I tell my own story and I went from  
leaving teenage music in a sort  
of local-of-local-faraway land, to a  
professional music writer. I intro-  
duce local music legends, from in-

die rockers to jazz and world mu-  
sic players. I went through some  
of my favourite stories from the  
past, like the one about Saskatoon  
singing Sam Mitchell! And even  
better, I shared a little help from  
my friends, "every one of the other mu-  
sicists and music writers I grew  
up playing with or met along the  
way." They tell their intimate sto-  
ries, like the triumph of one writer  
that joined Blow Derry, Molasses  
and more, realizing that there's no  
secret formula to the music world.  
The Northern Plains, making  
it before the rise of the Internet.  
The 30-year-old discovery  
international fame and some lo-  
cal controversy, and even stories  
about the untimely deaths of good  
friends.



Craig Silliphant

I wanted to leave behind some  
kind of oral history about the us-  
ing efforts our stellar talent has  
laid out. My wife and I had a son  
this year. I wanted him, or someone

like him, to be able to pick up this  
book in 30 years and read about  
what it meant to be in Saskatoon,  
even, to make music here.

Other people rarely give our  
music the respect it deserves, but I  
always argue that true rock n' roll  
happens in places like Saskatoon,  
even. It's on the periphery where  
you pick up a guitar because it's  
cold outside. Role Off Main St.  
is about what music can bring to  
one's life when you're growing up  
in a small Prairie city in exile, in  
the middle of nowhere.

Among other places, the book is  
available at The Vinyl Doctor and  
Downbeat Film & Record in Sas-  
katoon. Outside of Saskatoon, copies  
can be ordered by emailing craig@  
roleoffmainst.ca



# FASHION

Do you have fashion advice to share with our readers?  
Email us at [QC@leaderpost.com](mailto:QC@leaderpost.com)

## # SASKATCHEWAN FASHION

# Samantha Simonot: Service without the short skirt

By Michelle Berg

Samantha Simonot, a fourth-year nursing student at SIAST, has been serving for the last five years to make a little extra cash while she's in school.

Her current gig at Winston's English Pub in Saskatoon requires a mandatory black top. Beyond that, she's able to express herself and wear comfortable shoes, pants and accessories. She had to wear a cocktail dress and heels at her previous job, an outfit she didn't appreciate because of the level comments it encouraged.

During the day she'll be wearing a T-shirt or tank top with a cardigan, jeans and a pair of Toms, flats or a funky pair of boots. At night she dresses up a bit to add to colour, some earrings and a long necklace.

The only time Simonot has caught flak for an outfit from her customers was when she wore an animal print.

"The leopard print pants were not a big hit at Winston's," she says.

She believes people should be given feedback on their service, not on how they look.

"I try to not use my body to get tips. I use my 'winning personality,'" she laughs.

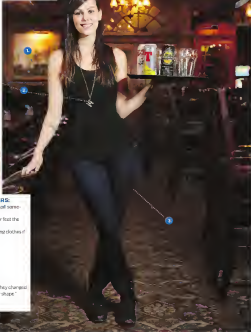
Simonot was wearing a conservative T-shirt when she served a group that told her they had based on their server's neckline. She knew she wasn't getting a tip and was fine with that.

"I would never work at a bar where you were forced to wear short skirts because that's a pain in the neck."

In the summer, Simonot wears skirts, but with spandex shorts underneath. There's a lot of leaning over to take glasses and clean tables, which is why she doesn't want to wear short skirts, compare to revealing shirts at work.

"You never know who you might be slowing your butt," he said.

"If you want to work at a place with a strict dress code, go ahead, but for us, we like it that you can be who you are."



## SIMONOT'S TIPS FOR NEW SERVERS:

- Don't wear an expensive outfit — you will soil something on it.
- Wear flats or comfy shoes — you're on your feet the whole shift.
- Be yourself. You don't need to wear revealing clothes if that's not you.

## OUTFIT:

- 1. **SKIRT:** Forever 21 online
- 2. **NECKLACE:** Lano & Hill
- 3. **JEANS:** The Gap — "I love Gap jeans. They changed the style recently and really fit my body shape."
- 4. **BOOTS:** Steve Madden from Saks.

Samantha Simonot greases for a night when she works at Winston's Pub in Saskatoon. She wears a mandatory black top.



# SHAR EATS

See a food trend you think deserves a highlight? Email [QC@leaderpost.com](mailto:QC@leaderpost.com) or visit us on Facebook

## # SASKATCHEWAN FOOD SCENE

# Chefs' Gala & Showcase: Five reasons you should go

By Jenn Sharp

### 1. THE FOOD

It's belated by the Christmas holidays or rubber chickens and undercooked potato dinner traditions. The food is the star here — it's called the Chefs' Gala for a reason. The Saskatchewan Chefs' Association hosts the event every year (2014 marks the fifth year). At \$18 a person, the tickets aren't cheap, but you'll be hard pressed to find a meal of this calibre for that price anywhere else.

The night kicks off with complimentary beer, cherry champagne cocktails during the reception where a variety of hors d'oeuvres will be served. A six-course gourmet dinner and wine follows, check out the menu on this page. If you've never heard of an imprint or (chefs') that's OK. This will be your night to discover new tastes!

### 2. THE CAUSE

The funds raised this year go to three innovative and unique art groups in Saskatchewan: Little Op'ies on the Prairie (LOOP), Live Five Independent Theatre and Siftosac's Chamber Music Patrol.

LOOP seeks to increase the demand for opera and attract new audiences in Saskatchewan through creative performances. The group's mandate is also to create new work opportunities for artists.

Live Five does a great job of promoting independent theatre by commissioning five creative new pieces each season.

Operaists and performers at the Riverside festival, which runs May 28 to 31 in Saskatoon, are committed to showcasing and sharing classical music in exciting ways. From volunteer to pianists, this young group of artists is passionate and dedicated to their craft.

### 3. THE ENTERTAINMENT

Theatre, opera and chamber mu-

sic intermingled with the six dinner courses make for an unforgettable night of art, culture and delicious eats. Performances by LOOP Live Five and Riverside members will be held throughout the evening.

### 4. THE DATE

The gala is on Feb. 13 at Pioneer school, Park in Saskatoon. If you're looking for a romantic way to impress your sweetheart this Valentine's Day or during tickets to this will get you in the good books until at least next February. For the hipsters, moderns, a weekend trip to Saskatoon with a stay at a classy downtown hotel after the gala is the perfect winter excursion.

### 5. THE FOOD

Did I mention the food? Because it will be amazing. If it's not, you can get mad at me — but that won't happen. The chef talent is some of the best in the country. Three past Gold Medal Plates winners (Anthony McCarthy, Darren Craddock and Trevor Robertson, the winner of Top Chef Canada Season 1 (aka MasterChef)) along with several others who have been in the game long enough to really know what they're doing.

#### RECEPTION

Wines by Points, Bennett Nelson, B1 and students and instructors.

■ **App: Tuna Poke** with avocado garnished with black sesame crumb, micro greens and yellow tomato relish.

■ **Finland Pork Tenderloin** wrapped with wild mushrooms and porcini mushrooms. Garnished with pork belly and bean ragout.

■ **Sea Scallops** seared with porcini dust on a bed of creamy leeks and squash. Garnished with sweet potato latkes.

■ **Chicken Vesuvius Wings** — Roasted poblanos, peppers, sweet corn, Spanish rice and red beans on a corn wrap topped in egg whites and fried, served with a chili lime sauce.



Anthony McCarthy will prepare the main course for the Chefs' Gala Dinner, a six-course gourmet dinner from River View Farms filled with chicken confit, pork and sea chery elements, caramelized onion and porcini porcini served alongside seasonal vegetables. Photo courtesy: GATHERED (RIVERVIEWFARMFARM)

#### SOUP

■ **Trevor Robertson, Redstone Hotel**  
■ **Western-Style Chowder** with porcini porcini, pea scored potatoes, chives and Yukon Gold potatoes.

#### SALAD

■ **Dragonfly, Saskatoon Inn**  
■ **Dry Aged Beef Tenderloin** and Hensel's skills Gorgonzola cheese with extra virgin olive and Lotus 8kg Whisky's Oak is wine vinegar drizzle.

#### APPETIZER

■ **Barren Craddock, Riverside Oaks**

#### BY CHIEF

■ **Grilled Ocean Sea Bream** with wild rice, beans and squash, braised fennel and local salmon, homemade tomato sauce and crisp potato potatoes.

#### HAIR

■ **Anthony McCarthy, The Saskatoon Club**  
■ **Pine View Farms Chicken Breast** filled with chicken confit, pork and sea chery don't forget, caramelized onion and porcini porcini.

#### DESSERT

■ **Dele Murray, Apple**  
■ **Citrus Tiramisu** with a hard and orange custard.

#### CHEFS' GALA & SHOWCASE TICKET INFORMATION

"Like" the event's Facebook page at: [www.facebook.com/saskatooncheffsgala](https://www.facebook.com/saskatooncheffsgala) and "share" the Chefs' Gala Trailer video for your chance to win free tickets!

To purchase tickets, visit [www.galaonice.com/chefsgala](http://www.galaonice.com/chefsgala) or call 386-766-6666.



# OUTSIDE THE LINES



## # Colouring contest

Each week, artist Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to [editor@leaderpost.com](mailto:editor@leaderpost.com) by 9 a.m. Monday. One winner will be chosen each week.

Please send high-resolution pictures and include the child's name and contact information.



Last week's OC colouring contest winner was **Grace Haynes**. Congratulations! Thanks to all for your colourful submissions. Try again this week!

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# ON THE SCENE

## # KINSMEN SPORTS CELEBRITY DINNER & AUCTION



There's nothing like a night of fashionable auction to raise money for a worthy cause. On Friday evening at the Delta Hotel, former MLBA's Mike Barry and Bryan Trotter helped fundraise for STARS as ambassadors at the 10th Annual Kinsmen Sports Celebrity Dinner & Auction.

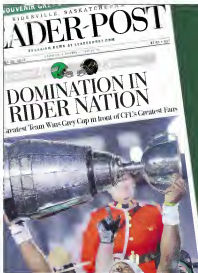
1. Sophie Menardo
2. Brandon Garvin and Tamera Jule
3. STARS' right pair members Jon Antal and Darcy McKay
4. Kevin Paul and Marie Allstrom
5. Matt and Larissa Spoh
6. Mendes and Glen Pratt
7. Soula Scrimos and John Burwell



QC PHOTOS BY TROY FLEECE







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